



## Deep Tissue Therapy Prescription

Patient: Leeann Bare  
Date of Birth: 1964-12-18  
Patient Address: 6136 Calle Mariselda Unit 101, San Diego, CA, 92124  
Patient Phone: 858-735-3559

### **EVALUATE AND TREAT**

#### **Physical Therapy / Occupational Therapy**

1. This is a prescription for deep tissue therapy either manual (i.e. myofascial release), instrument-assisted or both, strain counter strain, etc. Consider Astym therapy or Graston technique.
2. Please use deep techniques to reduce the fibrotic structure in the tissue, breaking down fibrosis and scar to improve flow.
3. Please approach the tissue in layers going deep into the tissue over time. The extensive cage of fibrosis in the lipedema fat tissue needs to be treated and not just the deep fascia over the muscle.

#### **ICD-10:**

Pain in the right leg M79.604  
Pain in the left leg M79.605  
Pain in the left arm M79.602  
Pain in the right arm M79.601  
Lipedema R 60.9  
Chronic pain G 89.4  
Hypermobility Syndrome M35.7

**CPT:** 97161 or 97162 Or 97163 x 1 / 97165 or 97166 or 97167 x 1

(97535, 97140, 97110)x25

**Electronically signed by Karen L. Herbst, MD, PhD Wednesday, October 20th, 2021**

Karen L. Herbst, MD, PC

Board-Certified Endocrinology

Total Lipedema Care

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